

## Esthetician to the Rescue

### How Regular Facials Help

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**M**any people wonder what exactly an esthetician does or how regular facials can help their skin. I am passionate about changing skin through proper education, treatment and most of all, addressing the misconceptions you may have about your own skin.

I have been a master esthetician for more than 20 years and watched as the industry changed significantly. In the past, an esthetician mainly performed relaxation and pampering spa treatments. Today, estheticians are licensed skin care specialists who provide skin analysis and treat facial and body issues that can dramatically improve your skin's appearance.

We use a variety of techniques including peels and what is known as microdermabrasion. These treatments create a smoother, brighter appearance by removing the outer layer of skin to reveal the healthy complexion hiding underneath. A diamond-tipped facial wand gently polishes while the vacuum suction removes dead skin cells. This painless procedure may be followed with customized serums to deeply penetrate, smooth, and moisturize, resulting in soft, beautiful skin with no down time.

Chemical peels use an acid solution to remove dead and damaged upper skin layers. You may feel slight tingling while the peel is applied. Glycolic, lactic, salicylic, and retinol are active

ingredients used to improve acne scars and skin texture while reducing the effects of sun damage. Light peels have few side effects with little down time. Medium depth peels may have mild irritation or redness that can last up to a few days. Your esthetician will help you decide which is the best choice for you.

Estheticians know skin. It is our job to know skin types, ingredients and what that means for your skin. An esthetician gathers a detailed history to obtain a thorough understanding of your challenges and what you have tried in the past. That includes any recent changes that could be affecting your skin.

Education is a big part of creating positive changes and improvements with your skin. Stress, hormones, and diet can all contribute to problems. With the vast information available to consumers, today we find that there is often confusion with how to properly treat your skin.

Knowing what to avoid can be just as helpful as knowing what to use. Experimenting with different products is not only costly, but it can exacerbate the problem. Licensed estheticians have access to clinical-grade skincare products that have higher percentages of active ingredients such as glycolic acid for acne, and anti-aging ingredients such as vitamin C, hyaluronic acid and peptides.

Clinical skin care can be more effective than over-the-counter or department-store brands for clearing up acne, lessening fine lines, reducing redness and minimizing pigmentation or sun spots. People who have visited an esthetician often remark that they feel more confident or wear less makeup once they start an effective skin care and facial regimen.

Whether you want to keep your skin's youthful glow or get it back, seeing an esthetician regularly can give you more benefits than you are able to achieve at home. Regular facials improve vibrancy by removing dead skin and impurities while boosting collagen production, cell renewal and blood circulation. A specialized treatment plan for teenagers can successfully control and decrease acne blemishes.

I feel very fortunate to be working in a career that I love. I enjoy sharing my knowledge and helping others look and feel better about themselves. To me, being an esthetician isn't only about giving facial treatments and selling skin care products, it's about helping create positive change that empowers women and transforms lives—one face at a time. ◀

*Lisa Crosier is a licensed master esthetician and owner of Lisa Crosier Skincare in Bellingham. See [lisaskincare.com](http://lisaskincare.com).*